

COMMUNITY HEALTH INCLUSION INDEX (CHII)

ORGANIZATIONAL ASSESSMENT

Thank you for taking the time to fill out this survey about the accessibility and inclusion of your organization in regards to promoting physical activity and healthy nutrition. The purpose of the Community Health Inclusion Index (CHII) is to collect information about healthy living resources in a community and the degree to which they are inclusive. The assessment will be extremely useful in helping stakeholders to plan and develop strategies that will impact the health and wellbeing of all members of your community, including persons with disabilities.

Important Note: There is a list of topics below that describe what types of questions will be asked on the CHII. It may be helpful to complete the survey with other people in your organization who may be able to address different areas. The CHII Organizational Assessment will take around 15-30 minutes to complete depending on what is available at your site.

The CHII was developed in partnership by the Center on Health Promotion Research for Persons with Disabilities, University of Illinois at Chicago and the National Center on Health, Physical Activity and Disability, University of Alabama at Birmingham & Lakeshore Foundation

What do we mean by Inclusion?

Inclusion is when all community members: 1) are presumed competent, 2) are recruited and welcome as valued members of their community; 3) fully participate and learn with their peers; and 4) experience reciprocal social relationships.

People with disabilities includes people who experience limitations in mobility (difficulty or inability to walk), cognition (developmental/intellectual disabilities or behavioral/emotional disorders), and/or sensory function (vision/hearing difficulties).

Inclusive communities provide people with disability equal access and opportunities for healthy living. This can be achieved by implementing policy, systems, and environmental (PSE) changes that increase access to physical activity, healthful food and healthy weight management initiatives.

Below is a list of potential topics that will be covered on this online survey. Some may or may not apply to you, depending on the type of organization: School, Healthcare, Worksite, Community Institution/ Organization, Food Site.

Nutrition and Healthy Eating Inclusion:

- Nutrition programs and materials
- Healthy food pricing and promotion vending
- Wellness committee/coalitions
- Healthy Eating/Food policies
- Nutrition standards for meals and

Physical Activity Inclusion:

- Physical activity programming
- Adapted programs, equipment and materials
- Physical activity policies
- Walking/biking/rolling to school

Staff:

- Disability awareness training and policies
- Incentives for engaging in healthy lifestyle practices
- Modeling healthy behaviors

Healthcare:

- Obesity screenings and weighing scales

Other:

- Transportation to the site

Inclusion attitudes:

- Organization readiness for inclusion

INFORMATION ABOUT YOUR SITE:

Q1.01 Name of your Organization/Site/Agency

Q1.02 Address

Q1.03 State

Q1.04 Zip code

Q1.05 Which sector of the community best characterizes your organization? (Choose the sector that applies most)

- School
- Worksite
- Healthcare site
- Community Institution/Organization (examples include YMCAs, senior centers, boys and girls clubs, recreation organizations etc.)
- Food site (examples include YMCAs, senior centers, boys and girls clubs, recreation organizations etc.)

Q1.06 Is this CHII survey being filled out for a single location or multiple sites? (For instance, multiple sites would be selected if filling out this survey for all the schools within a school district, all the health care sites that are part of a hospital system or all the stores that are part of a Chain of supermarkets?)

- Single Location
- Multiple Sites

Q1.07 Please describe your role in your organization:

(Choose as many as apply if more than one person filling the survey out)

- Supervisor / Manager / Owner
- HR coordinator
- Communications liaison
- Teacher
- Other

PROMOTING HEALTHY EATING

Q2.01 Is food available to purchase at the site (store, cafeteria, vending machines etc)? *(For Multi-site, check yes if available in at least one site)*

- Yes
- No *(skip to Q2.07)*

Q2.02 Which of the following is available?

- Food store
- Restaurant/cafeteria
- Vending machines

POLICY

In this section, you will be asked questions about whether your organization has policies that promote healthy eating. Note: Policies include laws, ordinances, bylaws, guidelines, practices and/or stated strategies.

Is there at least one policy about:

Q2.03 *Making the prices of healthy foods comparable to unhealthy foods (in food venue, vending machines, etc.)?*

Yes

No

N/A

Q2.04 *Meals provided must meet nutrition standards for calories, fat, sodium, etc.?*

Yes

No

N/A (no meals provided)

Q2.05 *Stocking healthy items or limiting access for vending machines?*

Yes

No

N/A (no vending machines)

Q2.06 *Are stakeholders involved in the development and implementation of food policy (e.g. serving on a food policy committee or being involved in focus groups)?*

Yes

No

N/A (no food policy)

Q2.07 *Is there at least one policy about offering only healthy foods at meetings, events and/or celebrations?*

- Yes
- No
- N/A (no food at meetings, events and/or celebrations)

Q2.08 *Are staff encouraged to serve as role models for others by consuming and purchasing healthy meals and snacks?*

- Yes
- No

PROGRAMS

In this section, you will be asked questions about whether inclusive nutrition programs are available.

Q2.09 *Is at least one nutrition education program (e.g. weight loss, food preparation or food shopping) available? (could be a stand alone program or part of a curriculum)*

- Yes
- No (skip to Q2.16)

Q2.10 *Which of the following types of nutrition programs are available? (Check all that apply)*

- Cooking classes
- Nutrition education
- Weight loss
- Food Shopping
- Other

Q2.11 Are Nutrition programs held in an accessible location?

ACCESSIBLE - refers to a site, facility, work environment, service, or program that is easy to approach, enter, operate, and/or use safely and with dignity by a person with a disability. In this case, an accessible location would allow for someone with a disability to independently enter the building, navigate to a room where the program is held, enter the room, and have a place in the room where they could participate equally with peers.

Yes (please specify which classes below)

No

Q2.12 Is there a policy that nutrition programs be accessible for persons with disabilities?

Yes

No

Q2.13 Is any adapted equipment available for the Nutrition program, such as lower sinks for a cooking class or accessible scale for weight loss class?

ADAPTED EQUIPMENT- devices that are used to assist with completing activities that are specially designed for use by persons with disabilities. Adapted equipment can help individuals with disabilities participate equally in a program.

Yes (please specify which classes below)

No

Q2.14 Are accommodations provided to persons with disabilities so they can participate, such as allowing a personal aide or caregiver to attend?

ACCOMMODATION - an "accommodation" is a broad term that is used to describe a modification to goods, services and structures that allows for inclusion and participation by persons with disabilities. Some common accommodations to modify goods and services include: auxiliary aids and services, assistive technology, and personal services. These accommodations can help equalize the opportunity for persons with disabilities to access services.

- Yes
- No

Q2.15 Are there subsidies for low-income individuals that make the nutrition program(s) more affordable?

- Yes
- No
- N/A (no fees for programs)

Q2.16 Are there any other aspects related to nutrition or accessing food at the site that are either supportive or may be a barrier to persons with disabilities?

- Yes (please specify below)

- No

PARTICIPATING IN PHYSICAL ACTIVITY

Reminder: If you don't know the answer to a question and someone else from your organization might know about, you can ask him/her and answer the question. *PLEASE NOTE: Skip this section if "Food Site" only*

Q3.01 *Which of the following facilities, if any, are available for physical activity at the site(s)?*

(Check all that apply)

- Rooms with exercise equipment*
- Rooms for exercise classes*
- Gymnasiums*
- Pool*
- Other types of indoor physical activity rooms*
- Outdoor sports facilities*
- Outdoor walking facilities (i.e. track, walking path, etc.)*
- Indoor walking facilities (i.e. track, walking path, etc.)*
- None of the above (skip to Q4.01)*
- Other*

Q3.02 *Are there discounted memberships or reduced program fees available at the site?*

- Yes*
- No*
- N/A (no fees)*

PROGRAMS

In this section, you will be asked questions about whether inclusive physical activity programs are available.

Q3.03 *Is at least one physical activity program/class available on-site? (e.g. aerobics, weightlifting, cycling etc.)*

- Yes
- No (skip to Q4.01)

Q3.04 *Which of the following types of physical activity programs are available? (Check all that apply)*

- Aerobic
- Strength
- Stretching
- Other

Q3.05 *Are Physical Activity programs held in an accessible location?*

ACCESSIBLE - refers to a site, facility, work environment, service, or program that is easy to approach, enter, operate, and/or use safely and with dignity by a person with a disability. In this case, an accessible location would allow for someone with a disability to independently enter the building, navigate to a room where the program is held, enter the room, and have a place in the room where they could participate equally with peers.

- Yes (please specify which programs below)

- No

Q3.06

Is the program designed so that persons with disabilities and without disabilities participate equally, such as adapting movements and rules of games?

Yes (please specify which programs below)

No

Q3.07

Is any adapted equipment, such as bats or racquets with shorter handles and straps or gloves for gripping, available?

ADAPTED EQUIPMENT- devices that are used to assist with completing activities that are specially designed for use by persons with disabilities, such as wheelchairs, lifts, communication devices, as well as those more specific to exercise equipment, such as arm ergometers.

Yes (please specify which programs below)

No



Q3.08 Are accommodations provided so persons with disabilities can participate, such as allowing an aide or caregiver to attend the program?

ACCOMMODATION - an "accommodation" is a broad term that is used to describe a modification to goods, services and structures that allows for inclusion and participation by persons with disabilities. Some common accommodations to modify goods and services include: auxiliary aids and services, assistive technology, and personal services. These accommodations can help equalize the opportunity for persons with disabilities to access services.

- Yes
- No

Q3.09 Are there any other aspects related to physical activity at the site that are either supportive or may be a barrier to persons with disabilities?

- Yes (please specify below)

- No

PROGRAM MATERIALS

(Complete this section if "Nutrition Education Program" or "Physical Activity Program/Class" available)

Q4.01 Are any Instructional/Educational materials available for the Nutrition or Physical Activity program(s)?

- Yes
- No (skip to Q5.01)

Q4.02

Which of the following alternative formats are readily available for the Instructional/Educational materials? (Check all that apply)

- Braille
- Electronic version in plain text (ASCII), including text description of pictures
- Large print
- Pictograms
- Audio
- Video with captions
- None of the above
- Other

STAFF

In this section, you will be asked questions about whether staff know how to work with people with disabilities. *Note: Staff includes any staff member who works or interacts with people at the site.*

Q5.01

Are staff provided any type of disability awareness training either onsite or through outside education?

Disability Awareness Training - Training provided by employers to inform staff of how to work with and be sensitive to the special needs of persons with disabilities that will enable such persons to function and thrive in the given environment. Training includes learning about efficiently providing for the physical needs of persons with disabilities as well as dismantling stereotypes and misconceptions.

- Yes
- No (skip to Q6.01)

Q5.02 Which of the following components is covered in disability awareness training? (Check all that apply)

- Providing services to persons with different types of disabilities
- Adapting the environment for persons with disabilities
- Communicating with people with different types of disabilities
- Using person-first terminology, for example using the term “people with disabilities” instead of “the handicapped or the disabled”
- None of the above
- Other

Q5.03 Which of the following policies apply to the disability awareness training? (Check all that apply)

- Disability awareness training is part of human resource policies
- Staff at all levels receive disability awareness training
- Persons with disabilities are involved in providing the training
- None of the above
- Other

Q5.04 Is there any physical activity staff at the site (includes instructors, assistants, trainers, gym teachers, coaches etc.)?

- Yes
- No (skip to Q6.01)
- N/A (food site)

Q5.05

Which of the following additional components is covered for training on physical activity for persons with disabilities? (Check all that apply)

Adapted physical activity- The physical activity/education has been adapted or modified, so that it is as appropriate for the person with a disability as it is for a person without a disability.

- Providing adapted physical activity programming
- Training persons with disabilities on using exercise equipment
- Using written and electronic resources for reference when working with persons with disabilities
- None of the above
- Other
- N/A (food site)

WELLNESS AND HEALTH PROMOTION

In this section, you will be asked questions about the inclusion of wellness and health promotion.

(Skip this section if "Food Site")

Q6.01

Does the organization have or is it part of a wellness committee/work group/coalition?

- Yes
- No (skip to Q7.01)

Q6.02 Which of the following goals does the wellness committee/work group/coalition set to promote wellness? (Check all that apply)

- Healthy eating related goals
- Physical activity related goals
- Health promotion goals, (preventative care, chronic disease self-management)
- None of the above
- Other

Q6.03 Which of the following activities does the wellness committee/work group/coalition engage in to promote the participation of persons with disabilities? (Check all that apply)

ACCESSIBLE - refers to a site, facility, work environment, service, or program that is easy to approach, enter, operate, and/or use safely and with dignity by a person with a disability. In this case, an accessible location would allow for someone with a disability to independently enter the building, navigate to a room where the program is held, enter the room, and have a place in the room where they could participate equally with peers.

- Includes members representing a disability perspective, such as an ADA compliance officer or a special education teacher
- Sets goals that are geared towards persons with disabilities
- Has meetings in accessible locations
- None of the above
- Other

TRANSPORTATION

Q7.01 Does the organization provide transportation to the site?

- Yes
- No (skip to Q8.01)

Q7.02 Does the transportation provided to the site include any of the following?

- Ramp or lift for entering the vehicle
- Wheelchair securement system
- None of the above

Q7.03 Is transportation provided for students with disabilities to and from extracurricular activities, such as a sports events at another school?

- Yes
- No
- N/A (not a school)

QUESTIONS SPECIFIC TO SCHOOLS

In this section, you will be asked questions about whether the school has inclusive programs and policies for health promotion. (Complete this section if "School")

Q8.01 Does the school (or school district) have any programs to encourage walking/rolling/biking to school, such as a walking school bus or safe routes to school?

- Yes
- No (skip to Q8.03)

Q8.02

Which of the following features does the walking/rolling to school program provide? (Check all that apply)

ACCESSIBLE - refers to a site, facility, work environment, service, or program that is easy to approach, enter, operate, and/or use safely and with dignity by a person with a disability. In this case, an accessible route would be determined by examining the accessibility of the sidewalks, curbcuts, intersections and paths that lead to the school entrance.

- Accommodations are provided so persons with disabilities can participate, such as volunteer aides for support
- Program is designed so that persons with and without disabilities participate equally
- The routes have been assessed for accessibility
- None of the above
- Other

Q8.03

Which of the following policies on inclusion, if any, are adopted by the school (or school district)? (Check all that apply)

Adapted Program: program is adapted or modified to address the individualized needs of students with disabilities. It involves differentiating instruction so the physical activity is as appropriate for the person with a disability as it is for a person without a disability. The emphasis of adapted physical education is to facilitate participation of students with disabilities with typically developing peers in age-appropriate activities.

- Physical activity goals are included in students' Individual Education Programs (IEPs)
- Nutrition goals are included in students' Individual Education Programs (IEPs)
- Adapted sports programs are available in the school
- Students of all abilities participate in PE class together
- None of the above
- Other

Q8.04 *Is there at least one joint use agreement to allow outside groups to use physical activity facilities before and after school hours for programs that are inclusive of people with disabilities?*

- Yes
- No

SCHOOL HEALTH PROMOTION POLICY

Note: Policies include laws, ordinances, bylaws, guidelines, practices and/or stated strategies.

Q8.05 *Which of the following policies on health promotion, if any, are adopted by the school (or school district)? (Check all that apply)*

- A minimum amount of recess time is required for students*
- Requirements exist for the frequency, duration and intensity of physical activity in PE classes.*
- Taking away physical activity, such as PE class and recess, as a punishment is prohibited*
- The use of food as a reward or punishment for behavior or academic performance is prohibited*
- Fundraising events with unhealthy foods are limited*
- At least 20 minutes is allocated to eat lunch after students have arrived at the table with their food*
- None of the above*

QUESTIONS SPECIFIC TO HEALTHCARE SITES

In this section, you will be asked questions about inclusion at healthcare sites. (Complete this section if “Healthcare”, otherwise skip to Q10.01)

POLICY

Note: Policies include laws, ordinances, bylaws, guidelines, practices and/or stated strategies.

Q9.01 *Do health care providers offer obesity screenings for patients with disabilities?*

Yes

No

Q9.02 *Do health care providers ask patients with disabilities about their level of physical activity?*

Yes

No

Q9.03 *Are health care providers able to weigh a patient using a mobility device who is unable to stand using a roll-on or lift scale?*

Yes

No

Q9.04 *Are American Sign Language (ASL) interpreters available at the healthcare site?*

Yes

No

QUESTIONS ON EMPLOYEE HEALTH

Reminder: If you don't know the answer to a question and someone else from your organization might know about, you can ask him/her and answer the question.

Q10.01 *Are there any incentives offered for engaging in healthy lifestyle practices (e.g. healthy eating, weight loss, physical activity, etc.)?*

- Yes
- No (skip to Q11.01)

Q10.02 *Which of the following incentives, if any, are formally offered for engaging in healthy lifestyle practices? (Check all that apply)*

- Physical activity breaks during the work day*
- Prizes (e.g. merchandise, cash, gift cards, etc.)*
- Time off*
- Equipment or resources that will promote healthy lifestyles (e.g. exercise equipment, cookware, recipe books, etc.)*
- Discounted membership to gym in the community*
- Discounted insurance rates*
- Funds for healthy eating/weight loss programs*
- None of the above*
- Other*

ORGANIZATIONAL READINESS FOR CHANGE

In this section, you will be asked questions about how ready the organization is to change to become more inclusive.

Q11.01 *How aware is your organization about inclusion of persons with disabilities in health promotion?*

INCLUSION - the active engagement of people with disabilities in all aspects of health promotion. Programs, policies and environments are inclusive when they go beyond accessibility and encourage full participation, where people with disabilities are valued contributing members with a sense of belonging.

- 1 Not at all
- 2
- 3
- 4
- 5 Very aware

Q11.02 *How much of a concern is inclusion in health promotion in your organization?*

- 1 Not at all
- 2
- 3
- 4
- 5 Very great concern

Q11.03 *Would the leadership support additional efforts toward inclusion in health promotion?*

Yes (please explain below)

No (please explain below)

Q11.04 *Is your organization currently planning for any additional efforts/services towards inclusion in health promotion for persons with disabilities?*

Yes (please specify below)

No

Q11.05 *Have any plans been adopted for making the building/site more accessible?*

ACCESSIBLE - refers to a site, facility, work environment, service, or program that is easy to approach, enter, operate, and/or use safely and with dignity by a person with a disability.

Yes (please note any plans you feel are important to share)

No

I don't know

N/A (no improvements needed)

Q11.06 *What are the primary obstacles to efforts addressing inclusion of people with disabilities in health promotion in your organization? (please specify below)*

Q11.07 *Would you be interested in receiving resources/technical assistance that may help you incorporate or increase the inclusion of people with disabilities in health promotion efforts?*

Yes (please enter contact information below)

No

Maybe (please leave contact information below if you'd like)

FINAL QUESTION

Q12.01 *Is there anything else you can think of that your organization does to make health promotion inclusive of persons with disabilities that has not already been asked about?*

Yes (specify below)

No

End of Survey